

These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track
- suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Cross country information
- 4 Fixtures
- 7 Race reports and results
- 15 Club kit
- 17 Wednesday night run map.

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Like us on Facebook @dulwichrunners

Connect with us:



2012 Club Championship Results

The results are in for six of our seven events this year: the Mile, 5k, parkrun, 5 mile trail race, 10k and Half Marathon and can be found here:

<https://www.dulwichrunners.org.uk/2021-club-champs-results>

Your best time up to 14 November was used to determine the medalists in each event. Also listed are the points per age group for the overall club championships (to be presented on 11 December at our Christmas party together with the marathon awards) and your age grading points*.

Well done to all taking part and please come to our Awards and Pizza night this Wednesday after the club run for lovely food and celebration. The presentation of the medals by our club honorary president Chris Vernon will start at 9pm.

Looking forward to seeing you there,

Ange & Ebe, club chairs

*For more detail on rules see the text in all of this year's Shorts (the updated rules for our pandemic stricken champs this year) and on our website for the general rules from pre Covid 2019:

https://static1.squarespace.com/static/5a427faa8c56a85fe95229f9/t/5d4eaf077aff-0500015bf920/1565437704639/DR_CLUB_CHAMPIONSHIP_RULES_2019_20_v0.3.pdf

Dulwich Runners AC renewal 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

Now that things are clubwise as good as back to normal we hope that you will renew and continue running with the club and look forwards to seeing you all again. A big thankyou to all of you that renewed last year.

And if you have been "trying us out" and want to join or require further details about us contact me: barry@bg1.co.uk

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7pm...

each time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & organise which group you'll run with....

The usual runs are long 8-9M, medium 6-7M, short around 5M -

If you're new at the club, we will place you with others at your preferred pace and distance.

NOTE: £1 club run fee for members and guests

Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. There will be 2 groups with training until Christmas focussed on cross country and endurance.

If you have not previously done so you must register with Crystal Palace Arena using the form on our website

<https://www.dulwichrunners.org.uk/tuesday>

You will need to reactivate your Crystal Palace membership on your apps and pay online.

Crystal Palace Track sessions

Around 60 from the club are doing the Tuesday night sessions .

If these numbers continue the groups will have to be split into two or three groups to ensure correct recovery for all and sufficient space.

These are the initial planned sessions in basic form with the recovery and distance dependent on ability.

Nov	23	1000s
	30	8x400 time-trial/pyramid
Dec	7	400s
	14	800s
	21	1000s

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, for anyone available meet by the cricket nets. .

We will use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am for anyone available - Alternating each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola olabalme1@gmail.com

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile
Contact Tom Poynton tpoynton@hotmail.com

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South thomas_south@hotmail.com

If interested in any of these runs check in advance with the respective contacts



Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures in the season details will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

Distance

Men's Surrey League races are around 8km, women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.

Scoring

Surrey League is first 5 women for the club and first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are suitable for runners of all abilities, and in the men's Surrey League there is now a B team competition where the second 10 runners score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

Surrey League entry

All men intending to take part should

inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season. This means that runners should return their numbers to their captains after the race, or take them home, in which case they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. See fixture list in Shorts and website.

Which races to go for

Races are from early October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Croke cross country champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). You are encouraged to compete in both these races.

Entry for other races

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases more

than a month before events. Details will be posted in Shorts and by email, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Early season road or trail shoes and as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy courses eg: Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

2021/22 Ken Croke XC Championships

For the 2021/22 cross country season, the champs races will consist of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories.

The qualifying races are shown on the following page.

Contacts

Further information contact your captains at:

dulwichladiescaptain@gmail.com

thomas_south@hotmail.com

chuckedward@googlemail.com

Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

For further info about events in Shorts, how to enter etc, contact your captains:
 Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Cross Country Fixtures

2021				Distances, Start times etc
Nov	20	London Champs	Parliament Hill Fields	6k 1.15 ladies 10k 2.00 men
	21	South of Thames 5m	Aldershot	5m 2.00 Full race information on next page
Dec	4	Kent Masters	Dartford	8.7k 11.30 M50 5.4k 12.00 M60, all women 8.7k 1.20 M40
	11	SEAA Masters	Lloyd Park	6k M70, all women 11.45 10k M40, 50, 60 2.10
	18	South of Thames 7.5m	Beckenham Place Park	7.5m 2pm
2022				
Jan	8	Kent County Champs	Brands Hatch	12k men, 8k women start times tbc
	9	Surrey County Champs	Denbies Vineyard, Dorking	" " "
	15	Surrey League 3 (men)	Richmond Park	8k men and women start times tbc
	15	Surrey League 3 (ladies)	Mitcham Common	" " "
	29	South of England Champs	Beckenham Place Park tbc	8k women 2.05 15k men 2.50
Feb	19	Surrey League 4 (men)	Lloyd Park	8k men and women start times tbc
	19	Surrey League 4 (ladies)	Effingham Common	" " "
	26	England National Champs	Parliament Hill Fields	8k women 12k men start times tbc

21/22 Ken Crooke Cross Country Championships

For the 2021/22 cross country season, the champs races are the 4 men's and women's Surrey League fixtures plus 4 other races. Qualifying races are:

- 4 Surrey League races (see fixture list above)
- Nov. 20 - London Champs, Parliament Hill,
- Dec. 18 - South of Thames 7M, Beckenham Place Park,
- Jan. 29 - South of England Champs, Beckenham Place Park (venue tbc),
- Feb. 26 - England National Champs, Parliament Hill,

To qualify you need to complete 5 events, incl. 3 Surrey Leagues. Awards for first 3 men and women and winners of men's and women's 40-49, 50-59 and 60+ age categories.

SEAA Masters Cross Country 11 December

Venue for this masters championship race has switched from Horspath, outside Oxford to our familiar Lloyd Park. Any men and women 40s, 50s and 60s+ who are interested should contact their captains.

Closing date for entries likely to be towards the end of November. Costs of entry to the club are quite high, so make sure you're available before putting yourself forward, in the event of any change in circumstances, inform your captains ASAP in advance of the entry being submitted. Distances are 10k for the men's age categories and 6k for the women. There's individual awards in 5 year age bands and team awards (3 to score) in 10 year age bands.

Update

This is an important masters event suitable for all vets over 40. To be entered register your interest no later than 23 November.

Box Hill Fell Race Saturday 22 Jan. 2022

Confirmed on, no entries date yet, will advise here
 If you've never done any fell running, Box Hill near Dorking is an ideal intro. 7.5 miles (12 km), marked, mainly good paths (no bogs, becks or boulder fields, no chance of getting lost). About 1750' (530 m) of ascent, quite challenging climbs and exciting descents. Very slippery in places, you'll need proper fell shoes (Walshes or Inov8s).

You'll have a bad time in trail shoes and a horrible time in road shoes. Xc spikes not allowed. A popular race that fills up very quickly (in a few hours). Entry last time was £10.

i'm at the club most Wednesdays, or email me: hugh@christchurchpeckham.info **Hugh Balfour**

South Of Thames Saturday 18 December

Volunteers Needed

Kent AC are hosting the South of Thames 7.5 mile race at Beckenham Place Park, we've agreed to provide marshals. If you're not running and able to help out please contact me Mike Mann mcmann90@yahoo.co.uk.

Contacts:

dulwichladiescaptain@gmail.com - thomas_south@hotmail.com - chuckedward@googlemail.com

London Cross Country champs

By popular demand, the venue for post champs drink and food is the ever popular Pineapple pub. A 12 minute walk from the course and 5 minutes from Kentish town station:- <https://whatpub.com/pubs/NLD/6101/pineapple-london>

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -
 To find out more - 07506 554004 - www.hernehillsportsmassage.co.uk

Sustainability Working Group

Climate Change and sustainability is a worldwide issue and as a club we want to investigate how we can take proactive action to reduce our community's carbon footprint.

We aim to set up a working group of interested members. If you'd like to be part of it, email Ange - dulwichchair@gmail.com

South Of Thames 5 Miles Wellesley Woods, Aldershot

21 November

Travel: Car from Wellington Roundabout on the A325 between Farnborough and Aldershot. On the northern edge of Aldershot. Aldershot railway & bus station 2km walk. Race HQ in Rushmoor Road close to the A325, cars go via Wellesley Road.

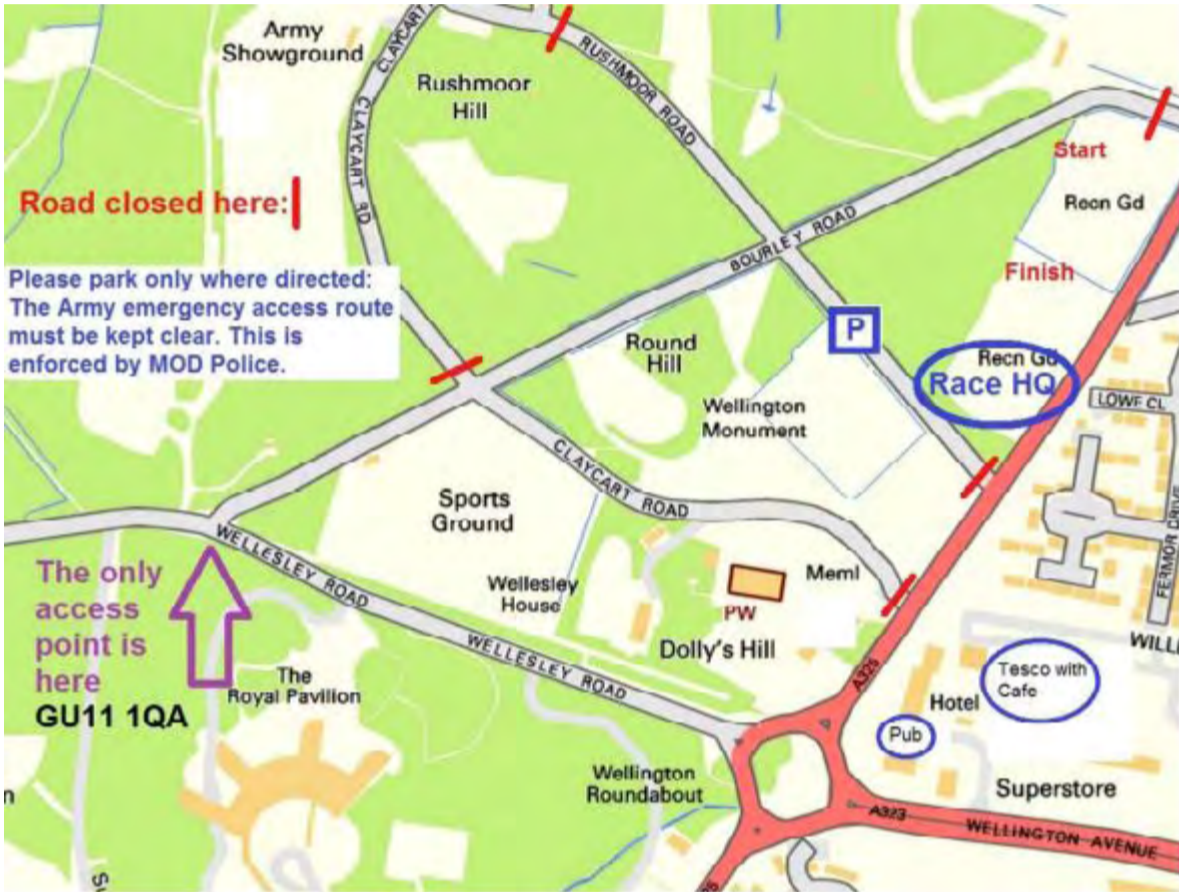
Parking: Parking in Rushmoor Rd access by turning right into Wellesley Rd at the Wellington Roundabout, then first right into Bourley Rd. Rushmoor Rd, 2nd right.

Facilities: No showers or changing. Portaloos. Toilets in Tesco and the Brewers Fayre Pub, both 5 mins walk. See attached map for Hampshire League.

Start: 2pm in a field about 500m north of the HQ. Men and women start and run together but recorded separately for the results. A disc system will be used.

Course: One very short lap then 2 long laps. Terrain is mixed grass, woodland, a few hard tracks and much mud.

Please comply with all signs and instructions. Inconsiderate parking puts future events at risk.



Start Loop - 500m ABCDAD -
 Short Lap - 800m ABCDAMNOP
 Medium Lap - 2.2km BCDEFJKILMNOP
 Long Lap - 3.2km BCDEFGHIJKILMNOP
 3km - Short Lap Medium Lap
 4km - Short Lap Long Lap
 5.9km Start Loop Medium Lap Long Lap
 9.1km Start Loop Medium Lap 2 x Long Lap

Hampshire League

12:00	U13G	3km
12:15	U13B	3km
12:30	U15G	4km
12:50	U15B	4km
13:05	U17W	4km
13:35	SW	5.9km
14:10	U17M	5.9km
14:30	SM	9.1km

Race HQ
Toilets
Club Tents

Hello from Goring -on-Thames!

I hope you are all well - I saw some impressive XC results and I missed getting muddy with you all!

We are settling in well in Goring and nearly a year on from breaking my hip I am building up my running - 2 miles today. Ros and I have been comparing notes and it's good to have a fellow runner to share the hip replacement journey with.

The trails where we are now living are fantastic and I want to get as many runners as I can up here to enjoy them. Therefore in collaboration with another local Coach we are organising a Trail Running Retreat 1-3rd July 2022.

We want the weekend to be a fun experience giving time to focus on your running. There will be three runs to participate in of varying distance and each with a different purpose. Plus presentations on Mindset, Injury and Nutrition by specialists in their fields. The weekend is for runners of all speeds and experience as you will be split into groups.

The location of the retreat is Streatley YHA (bunkhouse accommodation), RG8 9JJ - less than 2 hours from South London by car or direct train from Paddington.

You can read the full itinerary here if you are interested

<https://runwithelkie.co.uk/running-retreat-1-3rd-july-2022-chiltern-hills/>

To book or with any questions please email elkie@runwithelkie.co.uk

Many thanks and best wishes

Elkie Mace



Running Retreat 1-3 July '22

JOIN US FOR A WEEKEND OF TRAIL RUNNING IN THE BEAUTIFUL CHILTERN HILLS. INCLUDES COACHED RUNS AND SESSIONS ON MINDSET, INJURY AND NUTRITION.

For more information go to www.runwithelkie.co.uk
To book email- elkie@runwithelkie.co.uk

Want your race results and reports in SHORTS ? please email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, object fails etc.

Surrey Ladies League, Division 2 Wimbledon Common

November 13

Dulwich narrowly won the first fixture at Richmond but this time with an even stronger team we won very easily and showed our depth by easily having the first B team and promotion back to division one looks a formality with similar turn outs at Mitcham in January and Effingham in February.

Both the first two runners ahead were non scorers so it meant we actually had the first two scorers for I'm fairly sure the first time in our 30 plus years of Surrey Leaguings.

Polly Warrack, now clearly recovered from her fine 2:56 London Marathon, made a great cross-country debut and was just ahead of Clare Elms, who almost missed the race because of the effects of long Covid, and despite hardly any recent training, felt quite strong until the last mile and won her age group by five minutes.

While it was Clare's 32nd Surrey League for Dulwich, it was also a first for our third scorer Kay Sheedy who made a good debut to make the top 15 with a strong second lap.

Katie Styles didn't quite match her Richmond form due to a stitch but still ran well to be among the top 20 scorers. Clare Whitaker with a storming second lap was our final

scorer just behind new member Alicja Furmanczyk, who was in Windrush colours here, but was going well on the track on the previous Tuesday.

Ange Norris, followed up winning the World Wanda Marathon title with another strong run here to easily be first W60 again. She finished just ahead of the ever dependable Ola who also must have done well over 50 leagues for us having debuted way back in the nineties.

Debutante Katie Smith was close behind with Michelle Lennon not quite at her best next in ahead of a strong run from Eleanor while Anna was recovering from illness.

Belinda also wasn't at her best but kept going well. While it is good we have such strong representation at the top end of the field (12 in the first 75), I do think it is a pity that we are not as well represented all the way through the field as we had just a single runner in the last 170 places.

The Surrey League ladies division 2 field is probably as close as you can get to a parkrun in a serious cross-country race and it really is suitable for anyone who can well over 30 minutes for 5km. **Steve Smythe**

3	Polly Warrack	24:54 (scoring as 1 st)
4	Clare Elms	25:04 (scoring as 2 nd)
15	Kay Sheedy	26:48 (13)
21	Katie Styles	27:13 (19)
29	Alicja Furmanczyk	27:32 (Windrush)
30	Clare Whitaker	27:32 (28)
44	Ange Norris	28:34
48	Ola Balme	28:44
49	Katie Smith	28:49
60	Michelle Lennon	29:05
68	Eleanor Simmons	29:41
74	Anna Thomas	30:04
165	Belinda Cottrill	35:10
248 finishers		

Team on day:

- 1 Dulwich 63
- 2 London City 106
- 3 Windrush 148
- 4 Reigate 182
- 5 Dorking 195
- 6 Ful on Tri 197
- 7 Elmbridge 225
- 8 Dulwich B 259
- 45 teams closed

After 2 matches:

- 1 Dulwich 163
- 2 London City 214
- 3 Windrush 303
- 4 Dorking 358
- 5 Ful on Tri 392
- 6 Reigate 393

Ange Norris writes....

What a great vibe it was both before and after the race and, having been a supporter at the first Surrey League, it was great to be part of the team again.

The course was great - my type - a bit of everything. It had some hills, including the Butts which challenged getting into your stride, patches of deep mud and some narrow paths to make overtaking tricky in places. The start was wide but narrowed very quickly which created a bottleneck where I was in the pack. Not feeling super fit, I went for a cautious start and steady first lap, trying to make my way through the field. For my first xc race (in fact my first race) in such a long time, I was pleased enough with the result.

Thanks for the support from Becca and Steve and the delicious flapjacks from Ola.

Ola Balme adds....

There was a good turnout at the second Surrey league fixture. Stunning performances on a gorgeous autumnal morning by

everyone at Wimbledon Common.

The course seemed to have raving reviews by all the ladies. One of the newest members to the league was Polly who had a great run to finish first scorer followed by Clare who had an amazing race. Our co-Captain Kay was so looking forward to her first cross country and enjoyed her race. Katie Styles is going from strength to strength and so is Clare W who was our 5th scorer.

Ange in her first race since the marathon finished strongly, close behind was Ola. It was Katie Smith's first race since her injury. She had a gutsy run. Close behind were the consistent regulars Michelle, Eleanor and Anna. Belinda finished very strongly.

Thanks for the support from Steve. Becca wasn't able to run due to injury, she gave us great support and took some brilliant photos.

1st A team and 1st B team.



Eleanor Simmons Belinda Bell Michelle Lennon Polly Warrack Ange Norris Katie Styles Kate Smith Kay Sheedy Clare Whitaker Anna Thomas Ola Balme Claire Elms

Surrey Men's League

Denbies Wine Estate

November 14

Steve Smythe writes: For the first time the league race was held on a Sunday on a very testing course around the Wine Estate. Missing our three top cross-country runners of recent years - Ed, Jack and Tim - certainly cost us a win but we still have a healthy lead in first place at the halfway stage, thanks undoubtedly to a very strong contingent of newcomers who have considerably added to the team's strength at a time when a lot of the past regular scorers of recent years have drifted away.

A team

Though Croydon beat us fairly comfortably, we achieved a strong second place and were closer to them than they were to us at Epsom.

Individually, Fred Bungay moved up from 12th in the first fixture to ninth here to lead us home in a brilliant first season of cross-country.

Rob Armstrong advanced from 15th at Epsom to a top 10 here.

Aaron Wilson was making his club debut - he ran 2:32:35 in the recent Manchester Marathon but according to Power of 10 has otherwise largely been a parkrunner competitor and he ran a 15:44 in Dulwich last month, and looks yet another exciting new talent based on his fine 12th.

Andy and Shane have had a lot longer Dulwich career and ran well but not quite at their best to be in the low 20s.

Jon Phillips was sixth man in 32nd, a place up on his Epsom run though Adrian Russell found it harder and was a few places down this time.

There was a big gap to the last three A team scorers which didn't prove too crucial this time with James Burrows running well to be eighth scorer ahead of a sleep deprived Kev Chadwick with Shane Donlon completing the scorers with a solid run.

9	Fred Bungay	31:05
10	Rob Armstrong	31:28
12	Aaron Wilson	31:36
20	Andy Bond	32:15
22	Shane O'Neill	32:22
31	Jon Phillips	32:45
37	Adrian Russell	32:57
62	James Burrows	34:30 (61)
76	Kevin Chadwick	35:06 (71)
79	Shane Donlon	35:15 (73)

B team

Mike Williams, who did the South Downs Way 100 in the summer in 18:37:07, returned to cross-country with a strong second lap to lead home the B team.

Alex Loftus and Rob Hollands were their usual consistent selves ahead of Eugene Cross, who paid for an aggressive start.

Jamie Nicol matched his Epsom run ahead of Matt and Andrea who were below their best form.

Dave Benyon made a good club cross-country debut ahead of non-scorer George Rates, who looks capable of much faster based on his considerable track speed.

The B team were completed by Sum Mattu in a rare recent cross-country and Martin Kelsen, our sole M60 representative

81	Mike Williams	35:22 (7 B)
85	Alex Loftus	35:34 (9 B)
91	Rob Hollands	35:49 (12 B)
98	Eugene Cross	36:05 (17 B)
115	Jamie Nicol	37:28 (31 B)
127	Matt Cooke	38:19 (39 B)
132	Andrea Ceccolini	38:43 (43 B)
140	Dave Benyon	39:26(48 B)
144	George Rates	39:33(ns)
180	Sumrit Mattu	42:37 (69 B)
186	Martin Kelsen	43:03 (73B)
200 finished		

A team standings after 2 matches - Dulwich lead by 43 points from Croydon and have 200 points advantage over Clapham Chasers in third with the top two getting promotion.

Match	DUL	CRO	C/C	REI	E&E	WAL	WOK	STR	SOC
Match 1	230	324	406	336	505	585	532	534	643
Match 2	346	295	379	458	384	471	548	555	659
Points	576	619	785	794	889	1056	1080	1089	1302
Pos	1	2	3	4	5	6	7	8	9

B team on day

1 Clapham 166; 2 Stragglers 225; 3 Epsom 309; 4 Dulwich 349; 5 Reigate 440

Division 3 and 4

While the women's league is suitable for all, the men's division 2 race is quite top heavy.

le Martin had just 14 behind him in that league but he was quicker than over 150 in the lower division match.

Four Dulwich Runners competed for Vets AC. No truth in the rumour that double* Surrey champion Gary was avoiding being there for the 11am start as he wouldn't have been able to cope with the two minute's silence on Remembrance Sunday.

295 Mike Mann 46:43

309 Dave West 47:27

331 Gary Budinger 50:31

334 Andy Murray 51:06

* nb double champion refers to his two medals and not to his size

All Shiraz and No Bottle: A sweet second for the 'Winers' fortifies division lead.

"Everyone should stop wining and get on with it", the infamous words of Ebenezer Denbie one fatefully crisp, late harvest morning led to the seeding of cross country. At first, as an attempt to effectively juice his large and hilly vineyard by getting his workers to run over the grapes, en-masse.

Unfortunately, Denbie connoisseurs starting finding lost XC spikes, teeth, Garmin's, and on one occasion; a replacement hip in the wine. And so, cross country ensued, without the grapes and solely for sporting pleasure.

A fruity bunch of blended harvests from the Dulwich Estate took to Denbies for the first time this season. Having matured somewhat from earlier endeavours at Epsom, the blend were ready to be uncorked once more, after a few additional weeks idling in the barrel. Better yet, feeling rather Sancerre about the very real possibility of going sour, Denbies would be good proofing for Parliament Hill, the suck-seeding weekend.

The Course:



Varying soil reports filtered down the grapevine on race day. Some commenting on the flinty conditions and balanced Ph proving for a hardy run. Other reports stating high acidity and peaty conditions warranting a light-bodied approach suitable for spikes. The Dulwich blend were split; with some of the more oaky and maturer yields sticking to the convention of trail shoes. Whilst some of the younger sprigs favouring a more spicy approach in spikes, willing to put their elastic sinews on the line over the harder terrain. Only the finishing results would show who had a nose for the best footwear this day.

The course was tall, well bodied in the middle, with long incline accents, punchy uphill aromas, undulating descents and versatile end-notes of mud, flint and...concrete. Those of the bunch grown in flatter conditions appeared rather blanc-faced at the sight of some moderate elevation. Whilst others seemed at home in the Dorking Mountain Region.

The Race

A bit of a bottle-necked start with all gas and not much fizz soon split the grapes from the...sultanas. With many looking positively corked by the first hill, the race was showing some fruity notes at the higher end as a yield of 15 battled it out for top 10 contention. In the mix at the top were the younger yields Armstrong No.200 and Bungay No.210 who, with a reputable flavouring for undulating courses, thought he might *get it in the neck* for not placing well. Further down the vine, a full bodied and aromatic affair ensued, this would be where the victory of today's race would be proofed.

We welcomed some newer but well rounded yields to the Dulwich Blend at Denbies. Wilson No.257 keen not to get trampled underfoot at this new XC discipline put in a sparkling performance seeding in as 3rd Dulwich Male and 12th overall.

Other note-able performances came from the vintage but much under-appreciated Hollands No.228 who ran a 35:48 in his first XC this year after a season maturing his road running. Commendable running from Chadwick No.213 in 35:10 after a long and.....straining shift until 4am the previous morning. Loftus No.234 as ever, looking positively noir seeded 12th Dulwich male. Benyon No. 204 coming in at 39:29 with a rosé run, due to blindingly pink shorts. Welcoming Rates No.260 from the Dennis the Menace crew over at Herne Hill.





Specialé mention to the well proofed runners Bond no.206, O'Neill no.238, Phillips no.239, Russell no.244 & Burrows No.211 who, like a good house wine: are cheap, inoffensive and deliver great results every time, made for a condensed body of top 30 runners. The mid-pack was definitely stained with Dulwich Red this day. We look forward to Donlon No.220 and Cross No.218 ageing to their fullest potential in the coming races and Ceccolini No.212 looking slogged as he crossed the line, lifted.....the spirits of the whole bunch and kept the team from souring on a dull, drearily grey Dorking day.

Much to our dismay, some of the vintage Dulwich numbers (some so old we think they're actually meads and not conventional wines) were watching the race and surmised we may have finished 4th place at best. Perhaps assuming we'd gone to the well one time too many, we surprised with a second overall placing. We assume these older harvests had probably hit the bottle at bit too early in the day....or century, and should put those rosé-tinted spectacles back on. Reading this, they may be rather rouge-faced upon discovery that Dulwich retain their division lead by 43 points.

All told, no one from Dulwich lost their bottle, although many had already lost their marbles.



The Wine List

Bungay No.210	31:05	Lots of leg, no body
Armstrong No.200	31:28	Aromas of up north
Wilson No.257.	31:36	Strong end notes
Bond No.206	32:15	A nutty wine
O'Neill No.238	32:22	Oaky and barrel matured
Phillips No.239	32:45	A long finish wine
Russell No.244	32:57	Small body, lots of aroma
Burrows No.211	34:37	House favourite
Chadwick No.213	35:10	Fruity finish
Donlon No.220	35:17	Full bodied
Williams No.259	35:25	Punchy in the middle
Loftus No. 234	35:35	Noir with high acidity
Hollands No.228	35:48	Top notes of citrus
Cross No.218	36:08	Excellent dessert wine
Nicol No.255	37:28	Good with fish dishes
Cooke No.215	38:19	Heady with floral aromas
Ceccolini No.212	38:43	A true sparkling wine
Benyon No.204	39:26	A crisp Rosé, for parties
Rates No.260	39:33	Goes well with Beef
Mattu No.258	42:37	Rich but light bodied
Kelsen No.254	43:03	Fruity end notes

Disclaimer: Fred Bungay doesn't drink wine and knows less about it than he does about running.

A Grand Weekend

Sometimes running just seems like a lot of pain for not much gain; health, age and life in general seem to conspire against you. But all you need sometimes is a little something to remind you why you've been slogging away for much of the last 37 years.

It began with a bit of Parkrun tourism. A friend from Maidstone Harriers and another from Haverhill Doggers (the canine variety apparently) were tasked with finding somewhere we could all get to and so it was that I headed off to Kingdom, near the (once Henrician) Tudor mansion of Penshurst Place in Kent and, well...nowhere else really. Devoid of public transport, it is however a relatively straightforward 45-minute drive from home. As an added incentive there are toilets, changing and a log-built café popular with passing cyclists so no one will give a second glance at a sweaty runner. We arrived mid-way through an outdoor yoga/fitness class and there seemed to be popular half hourly classes throughout the time we were there including one for kids. There is also a running group on a Sunday and an outdoor gym.

Set high up in 13 acres of woodland, the Parkrun course is an old, gravel BMX track that twists and undulates through woodland with incredible views across the Kent Weald. At the bottom end of the course, the "washing machine" is an almost 360 degree turn with many of the other corners on the circuit slightly banked encouraging runners to engage their inner child and fly round (or maybe that was just me). The nature of the circuit also means that there is often another trail either above or below you so that even with a small field (they only had 50 last week), you're never alone and each of the three laps seems to fly past much more quickly than if you were running in a straight line round a field.

As you start at the highest point there is an inevitable uphill finish, but all the inclines are mercifully short and the volunteers were universally friendly and welcoming. One of the on-site instructors, who finished second overall and first woman in the parkrun (behind a local dogger), was also offering a post event stretch class; although the café was beckoning us and it has those stunning views as well.

The website says, "Kingdom is a place to embrace nature, have an adventure, where bad moods get lost in the woods." I'd say that they succeeded in spades. I didn't have a great run, and was trying to save something for my Sunday race, but still ended up with a smile on my face and was 19th and 1st M60.

Moving counties, the Surrey League Cross Country is traditionally on a Saturday except that, due to issues with finding a venue,

the second fixture of the four was moved to Sunday. So it was that a day later, I found myself heading for Denbies Vineyard in the Surrey Hills. Like a few other more mature club members, I have realised that my days of regularly making the Dulwich scoring team are long gone so have taken the option of joining Vets AC as a second claim member. We ran in the Division 4 race over the same course two hours afterwards.

The XC at Denbies has been on my bucket list for a while. The official description of "challenging" was not particularly helpful, given my current form, but looking out from the start line across an undulating valley full of vines with Box Hill looming out of the clouds on the far side was little short of jaw-dropping despite the encircling gloom. Members of the departing Dulwich A team had assured me that the course was mostly quite firm, but had reckoned without the heavy rain that set in before our start and the cumulative effects of over 500 runners each doing two laps. There were a few fallers in our race, especially on the second lap.

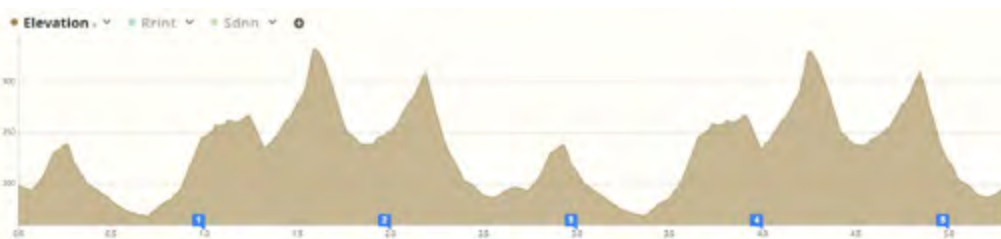
I set out at a steady pace but found myself just ahead of Mike Mann with Andy Murray a little way ahead. After passing Andy, Mike and I were pretty even up the first set of hills which I found far easier than yesterday's relative Kentish molehills. In fact, the bigger challenge was other runners sliding around in inappropriate footwear while the 8mm studs on my new Inov8 trail shoes more than proved their worth; no more so than on the first muddy downhill which I was able to take at almost full throttle.

Mike eventually pulled away, but I found for the first time in ages that I was actually enjoying myself despite the pretty relentless muddy hills. By the second lap, parts of the course were like a skating rink, but I was moving faster than most and even overtook three more people on the last steep uphill where everyone around me was reduced to at least a brief walk; my Box Hill Fell Run style, hands-on-thighs, fast walking technique proving superior!

With around 650 feet of climb (see profile) over 5.3 miles and virtually no flat, this was a tough afternoon out and Div. 4 definitely had the worst of the conditions. However, I made the Vets AC scoring team (just) and had my second enjoyable run in as many days. Writing this on Monday, I ache all over and we often forget that XC running can be a whole-body workout as staying upright on mud requires strong core muscles. But after recent setbacks, it's been a great running weekend.

Mike Mann	46:43
Dave West	47:27
Gary Budinger	50:31
Andy Murray	51:06

(all running in the second race for Vets AC)



Men's Surrey League, Denbies Vineyard

14 November

Congratulations to our men's team in achieving second place, despite missing some of our star performers. We will need to pull the stops out in the two remaining fixtures to guarantee promotion to Div 1.

Two hours later several of us competed for Vets AC in the Div3/4 race. Although it was dry during the race, rain in between the two races had changed the nature of the course, making the descents slippery, with a number of runners hitting in the ground. This tends to be a feature of chalk hills - no deep mud,

but treacherous surfaces in places. The course, slightly over 8.5 k, was more challenging than the one used for the Surrey Champs, with the introduction of a couple of sharp hills.

I struggled on the steeper hills, but regarded it as a badge of honour to continue running while others walked, though it probably didn't make a huge amount of difference at the end of the day. There are a few nice downhill sections where it's usually possible to pick up the pace, but the wet surface mud required a fair of care for those of us not wearing spikes. Dave West in his debut run for Vets AC put in a strong performance despite his dislike of hills, finishing in the scoring team for VAC. He was followed by Gary Budinger and Andy Murray, both of whom performed well, despite finding the course tough.

Mike Mann

Mike Mann	46:43
Dave West	47:27
Gary Budinger	50:31
Andy Murray	51:06

Second Sunday 5

14 November

Claire Steward writes: An attempt to add a few club champs points saw Grzegorz, Ebe, Michelle and I heading off for one more race. Organised by Thames Hare and Hounds, their 'Second Sunday 5' races take place on Wimbledon Common. These low-key five mile events take place on the second Sunday every month. Entries cost just £4 for club members or £5 on the day so there are no prizes, but the course is well marked, and changing rooms and showers are available at the clubhouse on Richardson Evans Memorial fields.

Public transport is a bit tricky, train to Putney or Putney Bridge and number 85 bus but Ebe did the honours and piloted us to the Wimbledon windmill car park then navigated us for a one mile warm-up jog to the HQ to collect our numbers. Race briefing at the start included a 'welcome to Dulwich Runners' which was nice!

The course runs out alongside Beverley Brook then two laps and returns to the finish by the clubhouse. It is gently undulating and there were some patches of unavoidable mud. A narrow section, 'the toast rack', meant I was trapped for a while as other runners further ahead pulled away from me but maybe that saved me from pushing too hard and running out of steam. The others were all at the finish giving enthusiastic support as I crossed the line. My extremely muddy shoes and socks were left outside the HQ while I headed in to shower the mud off my legs and enjoy coffee & cake, courtesy of Michelle who fortunately had some cash with her.

Grzegorz adds: he is tapering before the Thessaloniki Marathon next Sunday so didn't go full steam ahead. He was running together with Ebe until the first puddles which he could easily cut through with his trail shoes while Ebe had to slow down with his road footwear. He found the uphill not very steep and the gentle downhill very enjoyable – loved the soft surface and was flying down the hill.

Ebe adds: enjoyable event and as a race on par with his better efforts this year. Happy with 7th overall and first M55 in an admittedly relatively small field of 60 runners. But would have been similar in other months looking at previous results.

We all agreed it was worth the trip and one we are sure to repeat at some time.

Winner	31:21
4 Grzegorz	34:09
7 Ebe	35:07
13 Michelle	38:17
38 Claire	44:07
60 Final finisher	62:30



Paul Keating's 200th parkrun

Chris Vernon writes: Last Saturday a good crowd of DR's gathered to help Paul celebrate his much delayed 200th run. Surprisingly although 88 DR's have run Southwark Steve Wehrle and Paul Hilton were making their debuts.

Southwark Park was looking good with its new sports centre, as reported last week, but let down by the green slime on the lake which even the swan family were having trouble paddling through.

It was an ideal running day, cool, dry and with no wind and numbers seemed to be back to pre pandemic levels. The course has returned to its old route without the diversions

over the grass.

Team Dulwich were led home by BJ who ran a stormer leaving Claire S some 20 secs behind. It was good to see Joanne making her return to running after injury and narrowly beating the man of the moment Paul.

110	Barrie John Nicholls	23.53	2nd MV65
123	Claire Steward	24.16	1st FV 65
161	Lindsey Annable	25.29	
187	Kaylee Coxall	26.10	
197	Joanne Shelton Pereda	26.40	
208	Paul Keating	26.56	
246	Paul Hilton	28.49	
271	Maja Hilton	30.44	
286	Steve Wehrle	31.30	
334	Susan Vernon	40.08	1st FV75
334	Chris Vernon	49.02	2nd MV75
352	Ran		

Steve Smythe writes

While my running career is virtually over now, I have been lucky enough to chalk up over 50 plus years of cross-country racing and 46 years of marathoning and five decades of sub-3 marathons and while injuries have become ever more frequent over the years as I get older, I have hardly ever suffered any joint problems or missed any major planned races since race debuting back in the late sixties.

The major factor for my relative lack of joint injuries is I am sure that wherever possible I run on grass or off-road rather than the road.

It may also be why nearly all my fastest parkruns have come on grass-based courses rather than all road ones.

In that time I have probably done about 2500 track sessions, which is a slight risk, but usually one one a week and I have hardly ever done speedwork on road except up hill (which is less of an impact) and I have no doubt if I had I wouldn't still be running now.

It may be a case of weighing up that while you might get a short term gain from a great road session, you perhaps won't get the benefit from it if you are then injured for a few months. I also certainly wouldn't still be running if I did regular sessions on the ridiculous tight, uneven and bare Dulwich 300m track during the summer.

The bouncy new carbon-plated shoes available may protect your feet better than the virtual slippers I used to wear back in the 70s and you obviously have to do some running on road to prepare yourself for road racing but for me that was a fairly regular competitive race and even on long runs, I headed for the local woods or parkland.

I guess no one yet knows the long term effects of carbon shoes after a few years of racing in them.

Most people who have started running now probably have no intention of still running in 50 years time but if you want to have a lengthier running career, I suggest doing more runs on grass and doing more cross-country races.

Your knees will appreciate it.

Paul Mottram

Anyone listening to Radio 2 on Armistice day last Thursday on the approach to the 11am minute silence may have noted a beautiful piece of music called Sunset.

The music chosen by Ken Bruce was composed by Dulwich life member Paul Mottram, who back in the early 90s was one of the club's top marathoners. (a very close second to Steve Smythe in the club champs in the 1993 London Marathon)

He has composed a number of film scores and theme tunes and if you have Apple Music or something similar you can check loads of pieces of music composed by Paul but I particularly recommend the Sunset theme.

Steve Smythe

Project 20: Week 6

An old man tries to go under 20 mins for 5k

A Bruising Encounter with the Running Yoda Shakes Ajay to the Core

Data:

Park Run – around 30 minutes. No barcode, or Garmin, and few witnesses, thankfully.

Scales: Not used

Friday night, I got home at 3am, after an evening of unbridled celebration. True, this was not ideal preparation for the park-run. I admit, no run enhancing beetroot juice was consumed. Was I deliberating sabotaging my attempt to run under 20 minutes? Yes, and I was doing an excellent job of it. FULL ON SABOTAGE. Still, I arrived, trance like, somewhat dishevelled, at the start line. I had made a commitment to myself and my club, and I would stick to it. I shuffled around Dulwich Park Run. Tim Bowen, flew past me, with a pram. No dad-bod here. He was rocking a top 10 place. I was going backwards. Time for some deep soul-searching. Back to square one.

I decided to make contact with the dreamer of dreams, the One, he who has no name, the running messiah himself. The one who has contact with ultimate reality, the godhead, the ineffable, the truth. Not the phenomenon, but the noumena. I decided not to write to him or see him in person, but just to make contact with him in my mind, and see where it would take me.

Yes, Mr Steve Smythe. All tracks lead to the maker of runners, the writer of training plans, he of x-ray vision,

and super computer mind, who can place you within one second of your running ability with a mere glance of his piercing brooding eyes.

We all know him, even though he may not acknowledge us. For years, I opened my weekly copy of shorts with trepidation. Would the alchemist of the palace of crystal mention me by name? The week he wrote, "Ajay produced a decidedly average performance and should really have done much better" was a running milestone for me. Just a mere acknowledgement by the running yoda sent me into raptures. Until that point I had not even existed in the running universe. A comment, even a criticism, from our club guru, the font of all running truths, the keeper of times, was an acknowledgement that I was now a runner.

I had a vision of him as an eighteen year old surrounded by noted books detailing his running times and efforts. Every effort annotated and analysed. The piles of note books covered every inch of his room. The columns were neat and ordered. He was facing the truth from an early age. There were no excuses, just facts.

I said, "Steve is there any hope for me?"

He replied, without looking up, "A desperate life will lead to a desperate death. A life of half-runs, inconsistent intervals, crumbling pyramids, means you always live in limbo, in a running no man's land. I don't see any hope for you. I have consulted the deities of excel, and they concur. The way a person approaches his training plan, his training runs, tells us everything we need to know about his character. Yours is a total shambles, a disgrace. Is that all?"

I countered, "But Steve, don't you

remember me from the track, from the club, from the races. My energy, my enthusiasm"

He replied, "I'm not sure. I don't think I've ever met you. You certainly failed to make impression on me. Perhaps you could join Dulwich Park Runners?"

I persisted, "Steve. DON'T BE LIKE THAT. I'll do whatever it takes."

He didn't move, "Talk is cheap Ajay. You talk too much. When you run intervals you are all over the place. INCONSISTENT. You are a show off, running 9 reps slowly, so you can sprint the final one and bathe yourself in fake glory. You are a fraud, a joke, a walker, a talker, but certainly not a runner. I only work with real runners, those who have put in the hard yards, those who desire it, those who work silently and humbly every day and every night, those who make sacrifices for their club, for the greater good, for Dulwich Runners"

I felt myself tremble, "Steve, I can't lie, you see the truth. I submit. I have been wrong. I admit, I have been foolish. Waywardly, I have never followed a training plan, or just kidding myself by doing the nice bits I liked. I have never finished a running going harder at the end than at the start. I have eaten a lot of chocolate. I am a running shambles. But I repent. I am truly ready."

At this point the seer of ultimate reality vanished in a puff of smoke. I was left, humbled and alone. No doubt he felt that I was wasting his time, just another running joker. Excel spreadsheets rained from the heavens. Training plans whirled in the skies above me. Blow after blow struck me until I was submerged in a sea of numbers. I was shaken to the core. I vowed to myself to no longer bring disgrace to Dulwich Runners. To be continued....

Ajay

**To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club.
If you are no longer a member please remove DR as your club.**

Beckenham Place

227 Ran
Pos Gen
75 11 Claire Barnard 25:32

Bedgebury Pinetum

155 Ran
Pos Gen
7 2 Kim Hainsworth 21:43

Bethlem Royal Hospital

49 Ran
Pos Gen
1 1 Andy Bond 18:31

Brockwell

293 Ran
Pos Gen
1 1 Andrew Inglis 17:17
18 16 Jonny Hough 19:36
29 27 Sam Jenkins 20:19
32 30 James Auger 20:32
40 37 Stephen Trowell 21:13
71 6 Catherine Buglass 22:40
105 81 Graham Laylee 24:17
118 22 Lucy Clapp 24:53
180 111 Andy Murray 27:38

Bromley

515 Ran
Pos Gen
142 120 Colin Frith 24:32
342 100 Clare Osborne 30:11

Burgess

461 Ran
Pos Gen
22 20 Charles Lound 19:33
82 67 Hugh Balfour 21:41

88 73 Martin Kelsen 21:54

Crystal Palace

Pos Gen
94 79 Eugene Cross 24:50
243 160 Bob Bell 33:04

Dulwich

404 Ran
Pos Gen
7 7 Timothy Bowen 17:25
25 24 Edward Harper 18:40
30 29 Rob Fawn 18:49
48 41 Rupert Winlaw 19:57
53 44 Tommy Fernandez 20:09
64 53 Lee Wild 20:43
75 63 Tom Shakhli 21:06
153 118 Sam Mattu 23:59
200 140 Michael Dodds 25:28

Gladstone

211 Ran
Pos Gen
16 15 Des Crinion 20:35

Haga

70 Ran
Pos Gen
9 8 Paul Collyer 21:02

Hilly Fields

233 Ran
Pos Gen
13 12 Joe Farrington-Douglas 20:06
34 27 Dan Hill 22:54

Kingdom

53 Ran
Pos Gen
19 15 Dave West 26:12

Peckham Rye

251 Ran
Pos Gen
8 7 Justin Siderfin 19:30
45 37 Robert Tokarski 22:29
86 13 Teresa Northey 24:04
91 15 Madi Robinson 24:28

Rickmansworth

391 Ran
Pos Gen
116 90 Nicholas Brown 25:34

Riddlesdown

139 Ran
Pos Gen
79 55 James Wicks 32:39

Southwark

352 Ran
Pos Gen
110 88 Barrie John Nicholls 23:53
123 21 Claire Steward 24:16
161 28 Lindsey Annable 25:29
197 38 Joanne Shelton Pereda 26:40
208 141 Paul Keating 26:56
246 148 Paul Hilton 28:49
334 122 Susan Vernon 40:08
346 173 Chris Vernon 49:02

Sutcliffe

184 Ran
Pos Gen
20 20 Michael Fullilove 20:39

Wimbledon Common

428 Ran
Pos Gen
132 114 Stephen Smythe 24:46

DULWICH RUNNERS KIT

- Vests £18 each
- T-shirts short sleeved £20 each
- T-shirts long sleeved £22 each
- Socks £5 pair
- Bufs-snoods £6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



DULWICH RUNNERS' SHORTS - All sizes available
Traditionally cut either 'racing' style, or slightly longer - Both styles are a bargain £15.



Bufs-snoods - only £6
An ideal face covering!

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East!
It's always on the way!.. be prepared..
get yourself a bobble hat £15

! Available now!
Women's "Racer Back"
vests - £25

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies.

Just click the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map 9

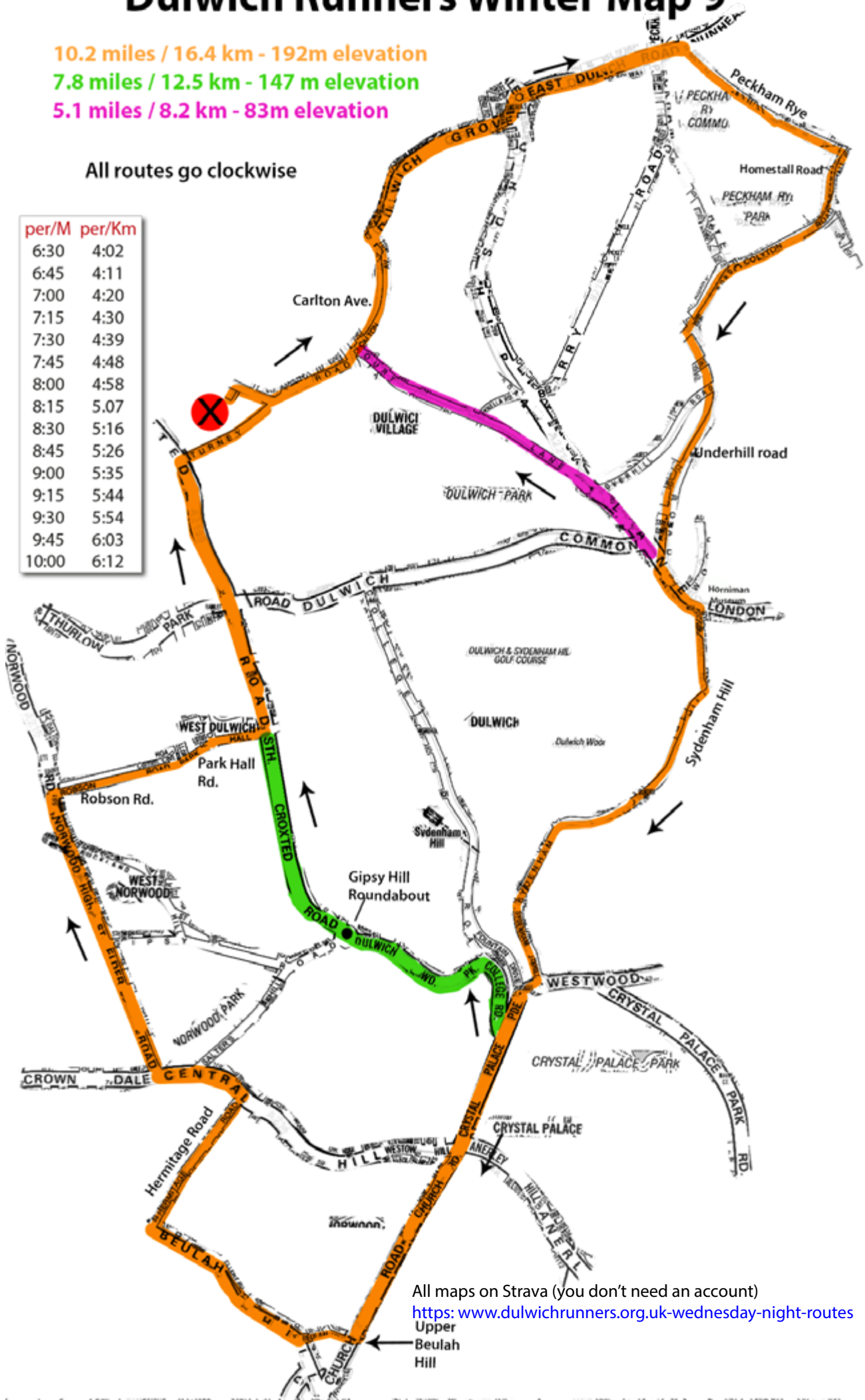
10.2 miles / 16.4 km - 192m elevation

7.8 miles / 12.5 km - 147 m elevation

5.1 miles / 8.2 km - 83m elevation

All routes go clockwise

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk-wednesday-night-routes>